

## Taco Meat/Bean mixture for Taco Salad<sup>45</sup>

Number of Servings: 45 (163.01 g per serving)

Amount	Measure	Ingredient
7 1/2	lb	Beef, ground, hamburger, pan browned, 10% fat
4.00	cup	Beans, kidney, red, cnd, drained
22 1/2	oz	Cheese, cheddar, low fat, shredded
4 3/4	cup	Salsa, thick 'n chunky, medium
4 1/2	cup	Juice, tomato, low sodium, cnd

### Nutrients per serving

Nutrition Facts	
Serving Size (163g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 370mg	15%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 27g	
Vitamin A 2%	Vitamin C 10%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

- \* 10 2/3 # AP 90% ground beef = ~ 8# browned ground beef EP
- \* Drain and rinse kidney beans before using in recipe.

Brown meat and drain. Add drained, rinsed kidney beans, cheddar cheese and salsa. Bring to a simmer, stirring constantly.

Serve 1/2+c or 1/2 c + 1 T hot over 2 cups lettuce/serving along with 1 oz tortilla chips.